Legs + Abs + Butt

Beginner | 8 min | 78 Kcal

1		Squat	x10 Reps
2		Forward Lunges	x5 Reps
3		Lateral Lunge	x5 Reps

Rest **30 Seconds**

4		Crunch with vertical legs and touch of the ankles	x10 Reps
5		Legs elevation in 4 strokes	x5 Reps
6		Foot 2 Foot Crunch	x5 Reps

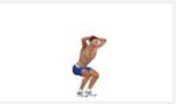
Rest **30 Seconds**

7		Concentrated hip extension	x10 Reps

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8		Side kick with bent knee	x10 Reps
9		Leg Pull Down	x10 Reps

Rest **30 Seconds**

10		Squat	x15 Reps
11		Crunch with knees to the chest	x15 Reps
12		Leg Pull Down	x15 Reps

Rest **30 Seconds**

13		Forward Lunges	x8 Reps
14		Legs elevation in 4 strokes	x8 Reps
15		Concentrated hip extension	x15 Reps
16		Reverse hip extension	x20 Reps

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Abify

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Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

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